

AQUATICS CLASS SCHEDULE

August 28 - December 22

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
9:00-10:00 am ABC <i>Kristina</i>	7:45-8:45 am AQUA SCULPT <i>Kathy</i>	9:00-10:00 am ABC <i>Kathy</i>	7:45-8:45 am AQUA SCULPT <i>Kathy</i>	9:00-10:00 am ABC <i>Tina</i>
	9:00-10:00 am NEW WAVES <i>Kristina</i>		9:00-10:00 am NEW WAVES <i>Kathy</i>	

Class Descriptions

ABC (Aqua Boot Camp)

Aqua Sculpt

New Waves

High energy aerobic workout plus strength skills

Increase strength and define muscles

High energy moves to gain cardio fitness using water weights for toning

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